

CORONAVIRUS 2020



THE ESSENTIAL GUIDE TO
THE WUHAN VIRUS

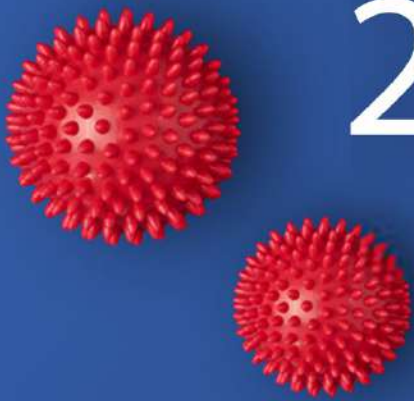
(Symptoms, Transmission And Prevention)

MARK BRADLEY

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Book Description

Wherever we go, we can't escape the news about the novel coronavirus. With every day that passes, we get more and more anxious about the virus reaching our community and becoming a threat to the ones we love. However, the situation is not as bad as it seems. With every new case that appears, health officials learn more and more about the virus, bringing us one step closer to medications and treatments that could cure or even prevent the infection.

What we can do in the meantime is stay safe. There are many preventive measures available to minimize the risk of getting infected or spreading the disease. Most of those are easy to implement in our daily lives, such as having good hygiene or being aware of our environment and the people around us.

This book focuses on presenting all the relevant information available about the novel coronavirus up until this point and giving practical advice on how to stay safe. It's a comprehensive guide on how to survive these difficult times without giving into the overall sense of panic and anxiety. Being alert and informed is the first step in being prepared for what's to come.

Coronavirus 2020: The Essential Guide for The Wuhan Virus (Symptoms, Transmission, and Prevention)

Coronavirus Survival Guide

Mark Bradley

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Introduction

The coronavirus outbreak is a global concern. With each passing day the situation seems to change for the worst. More and more people are confirmed as infected, the mortality rate goes up slightly with each fatal case and the virus is making its way outside the Chinese borders. The news outlets are all over the topic, providing daily or even hourly updates to the increasingly dire situation. But most articles and news stories seem to focus more on inducing panic and creating confusion rather than reporting on scientific facts or promoting prevention measures.

So, for this book, let's leave the panic aside and see where that brings us. The Wuhan virus is the first major health threat of 2020, but it's far from being the first or the worst health crisis that humanity faced. Before we had the Ebola virus, Avian influenza, and SARS, with the last on this list actually being a type of coronavirus. All were highly contagious and potentially deadly, but none caused such a visceral reaction from the population. Even if we disregard those, we have the common flu virus, that causes thousands of deaths early on, and we don't hear much about that in the news, do we?

Yes, the coronavirus outbreak in China is a potential threat. That means that we all should be alert and informed on the topic. We need to know how the virus is transmitted, what the symptoms are, how we can protect ourselves from it, and what we should do if we suspect an infection. Those are practical things, useful things that keep us safe. Panic gets us nowhere.

This book is a comprehensive guide on the Wuhan virus, focusing on giving accurate information on the topic and spreading awareness of both risks and prevention measures.

Please note that this book was written at the end of January 2020, so it is based on information available to the public at the time. Some aspects of this book (number of cases, spread, mortality rate, information regarding incubation time, or other unknown aspects of the virus) may not accurately reflect the present situation.

Chapter 1: The Origin of The Coronavirus

Pathogens named after their peculiar crown-like spikes, there are many types, most of which infect animals and not humans however some evolved spreading to humans, becoming human coronaviruses. These variations were first identified in the mid-1960s, and at this point in time, there are seven types of human coronaviruses that we know of. The most severe of those are the MERS Coronavirus (causes Middle East Respiratory Syndrome), the SARS Coronavirus (causes Severe Acute Respiratory Syndrome), and the 2019 Novel Coronavirus (the Wuhan Virus).

Origin of the 2019 Novel Coronavirus

The Wuhan Virus is called the 2019 Novel Coronavirus because it is a never before seen mutation of an animal coronavirus first reported in Wuhan, China, on December 30, 2019. However, this name is only temporary. Another suggested term is “2019-nCov acute respiratory disease” which would comply with the World Health Organisation (WHO) naming practices. The International Committee on Taxonomy of Viruses will soon decide on a permanent name for the virus.

The theory is the virus mutated and spread from an infected animal carrier (a bat, cat, cattle, camel, or snake) to humans that were in direct proximity. Once in the human cell, the virus began to replicate, causing the infection and triggering the symptoms.

As of now, a certain source of the outbreak is unknown. It is believed that the virus might be linked with a wet market (with seafood and live animals) from Wuhan, that was not complying with health and safety regulations. The Wuhan wet market has since been closed down indefinitely.

Spread

When people unexposed to the animal market started getting sick, it was confirmed that the virus could spread from human to human. Much like the common cold, it spreads through airborne particles, surface particles, and close contact with infected individuals.

Since it was concluded that the novel coronavirus could spread from person-to-person, Wuhan was quarantined, but, unfortunately, the coronavirus spread outside the Chinese borders .

According to the World Health Organization situational report from January 30, 2020, there are:

- 80.000 confirmed cases in China
- 608 confirmed cases in South Korea
- 152 confirmed cases in Japan
- 140 confirmed cases in Italy
- 89 confirmed cases in Singapore
- 74 confirmed cases in Hong Kong
- 43 confirmed cases in Iran
- 35 confirmed cases in the Thailand
- 35 confirmed cases in United States of America
- 28 confirmed cases in Taiwan
- 22 confirmed cases in Australia, Malaysia
- 16 confirmed cases in Germany, Vietnam
- 13 confirmed cases in United Arab Emirates
- 12 confirmed cases in France
- Less than 10 in Macau, UK, Canada, India Philippines, Russia, Spain, Belgium, Cambodia, Egypt, Finland, Iraq, Israel, Lebanon, Nepal, Sri Lanka, Sweden

Globally, there are a total of 28000 confirmed cases, with 27 countries outside of China being affected by the novel coronavirus. Five thousand other cases are yet to be confirmed. On the bright side, the number of deaths is still on the low, with only 560 confirmed deaths in China, and about 1370 severe cases with a high risk of mortality. (5 February 2020)

Busted Myths About The Coronavirus

Even if the novel coronavirus has not been around for that long, there are already a bunch of uncertainties regarding the spread, treatment, and nature of the virus.

1. The novel coronavirus only affects older people.

It has been proven that the novel coronavirus can infect people of all ages, but, as with all viral infections, there are people with higher risks of contamination. Children, seniors, individuals with a compromised immune system, and people with health conditions such as diabetes, heart disease, kidney failure, liver disorders, asthma, lung disease, and other respiratory issues are vulnerable to becoming ill and developing severe forms of the disease. To protect ourselves and the people around us, we need to take the right preventive measures and be very mindful of our surroundings.

2. Family pets can spread the novel coronavirus.

As of now, there has been no case of family pets such as cats and dogs becoming infected with the novel coronavirus. So there is no evidence to back up this claim. But it is a good health decision to wash your hands after you've been in contact with a pet because there are common bacteria that can pass from pets to humans. Some examples are Salmonella and E.coli.

3. You can prevent or treat the novel coronavirus with antibiotics.

Antibiotics work against bacteria, while the novel coronavirus is a virus. So antibiotics will have no beneficial effects on coronavirus infections. However, people that are hospitalized for the novel coronavirus might get antibiotics to treat bacterial coinfections. You can have a bacterial infection and viral infection at the same time.

4. You can prevent or treat the novel coronavirus with homeopathic remedies or other specific medications.

As of now, there is no medicine/remedy proven to prevent or treat the novel coronavirus. Vitamins might boost your immunity, but that does not make you immune to the virus. Potential treatments are under investigation and awaiting clinical trials in the near future. For now, more research and development efforts are needed to reach a viable, efficient treatment for the novel coronavirus.

5. A surgical mask is enough to protect you from exposure to the coronavirus.

Disposable surgical masks offer low protection against harmful particles. That is in part because they are not tailored to the face, so airborne

contamination can easily occur. But that is also due to them not being used as they should. The majority of people will use the same mask multiple times or take it off for a short period of time, then put it back on, or touch their mouths/noses while wearing the mask. There is also the fact that if you tamper with the mask and don't wash/disinfect your hands after, you are assisting the spread of harmful particles. But, if worn correctly, disposable surgical masks offer some protection (somewhere between 40-50%). For a more secure option, try N95 masks. These are fit tested masks made to perfectly seal off your mouth and nose, to minimize contagion risks. However, the N95 can't be worn for extended periods as they constrict the amount of air you're getting.

Chapter 2: Symptoms and Treatment

The novel coronavirus is very similar in symptomatology to other viral respiratory infections. Cases vary from mild forms to severe ones that can lead to serious medical conditions or even death.

Symptoms

The tell-tale symptoms of the novel coronavirus are:

- fever
- cough
- shortness of breath
- sore throat

Right now, it is believed that symptoms may appear in 2 to 14 days, as the incubation period for the novel coronavirus has not yet been confirmed. There has been speculation about the virus spreading while the carrier (infected person) is not showing any symptoms, but that has not been confirmed as a scientific fact .

Out of all the cases that have been confirmed, up to 20% have been deemed to be severe. Complications that may arise as a result of being infected are pneumonia, sepsis (a life-threatening immune chain reaction triggered by the infection), septic shock (low blood pressure and abnormal cellular changes caused by sepsis), and acute respiratory distress syndrome (a severe lung condition characterized by fluid accumulation in the air sacs of the lungs). Due to the severity of the symptoms, a patient may require mechanical ventilation (aided breathing) until the infection is cleared. In a few instances (about 2% of the cases), the novel coronavirus led to the demise of the patient.

Diagnosis

The infection with the novel coronavirus via a special laboratory test. It requires samples such as swabs from the throat or fluid from the lungs, and

the testing can be done in public health laboratories. The process is called PCR testing, and it takes from 24 to 48 hours to get a definitive result.

People eligible for PCR testing need to fit specific criteria:

1. Individuals that have a sudden onset of fever, sore throat, cough or shortness of breath.
2. Individuals who have been exposed to the virus, 14 days before the onset of symptoms, by:
 - traveling to China or regions in which the novel coronavirus is known to be transmitted from person to person (Hong Kong, Thailand, Japan, Singapore, etc.)
 - being in contact with a person that has returned from China or a region with ongoing community transmission of the novel coronavirus
 - having close contact with a person that has the coronavirus either in a public place or at work or home
 - attending or working in a healthcare facility that has/had patients with the novel coronavirus

People that are living in or frequently travel to the Hubei Province have a high risk of infection. Also, health workers and health officials that are exposed to novel coronavirus patients have high chances of catching the virus, despite taking the right prevention measures. Up until now, there are 16 cases of health care workers becoming infected with the novel coronavirus. Health care officials getting sick is one of the early signs of human-to-human transmission of disease.

Treatment

As of now, there is no cure, no vaccine, and no specific medication for the virus. However, health care professionals have multiple ways in which they can help patients. First of all, early diagnosis helps stop the spread of the disease, making the community a safer place for everyone.

Secondly, there are supporting care options that seem to do wonders with novel coronavirus sufferers. Supporting care refers to means of treating the symptoms of the patient to help his/her organism fight off the infection.

Some examples of that are: IV fluids to treat dehydration, antipyretics to manage fevers, oxygen therapy, antivirals, and ventilation to facilitate breathing.

Novel coronavirus cases vary from mild to moderate and severe. For the majority of the mild cases, the symptoms will disappear on their own without medical intervention. Supportive care is usually required for moderate or severe cases. It may also be required for people with pre-existing medical conditions (cardiovascular issues, diabetes, kidney and liver problems, chronic respiratory issues), older people, and children.

Last but not least, medication and vaccines are on their way, but it will take a couple of weeks if not months for them to be developed and clinically trialed. The National Institute of Health is currently working on a vaccine that could allegedly be up for early human testing in three months .

What to Do If You Have Symptoms

As I mentioned before, having symptoms is not enough to start worrying about a potential coronavirus infection. But, if you suspect exposure to sick people or areas of contamination, then you are eligible for testing. Call your healthcare provider immediately and tell them about your symptoms, recent travels, and suspicions. It is very important to call beforehand, to let your doctor know that you might have a highly contagious disease. This allows your health provider to follow proper protocols to protect others and prevent the spread of the virus.

Once you get to your doctor's office, you will be asked a couple of questions to assess if you meet the testing criteria. If you do, your doctor will collect a sample that will be sent to the CDC headquarters for PCR testing. In 24-48 hours, you will know if your samples came out positive for coronavirus. During this waiting period, you will be kept in isolation, possibly in a negative pressure room that prevents virus particles from escaping. If the test turns out positive, you will receive supportive care (if needed). Milder cases often don't require special care.

If you get the coronavirus, here are a couple of advice to minimize the risk of infecting others:

- Don't leave your house unless you are in need of medical care. If you do have to go to the hospital or your doctor's office, don't use taxis, Uber, or any other type of public transportation.
- Always call beforehand if you need medical care.
- Avoid any public areas such as schools, your workplace, restaurants, etc.
- Wear a face mask whenever you need to be around other people (at home or when visiting your healthcare provider). For some extra precaution, have your family members wear a face mask when they are around you.
- Cover your coughs and sneezes with a tissue or your sleeve. Be sure to throw the used tissue in a closed bin, and to wash your hands afterward with soap and water. Avoid sneezing or coughing directly in your hands.
- Maintain proper hygiene by frequently washing and disinfecting your hands and by avoiding touching your face.
- Try to isolate yourself from family members that live in the same house as you. Maintain a safe distance of about 6 feet when interacting with them and use a different bathroom if possible.
- Don't share household items with other people in your home. This includes dishes, eating utensils, cups, drinking glasses, towels, beddings, clothes, self-care items. Wash everything you use with soap and water or disinfect them if possible. Also, keep an eye on your phone or smart devices, especially if you have kids that have the habit of borrowing them.
- Avoid contact with your family pets or other animals. As of now, there has been no recorded case of the novel coronavirus infecting a cat or dog, but there are coronaviruses that can cause illness in animals. So, it's better to be on the safe side. Wear a facemask if you are around a pet or if you care for a family pet, at least until it is scientifically proven that humans can't pass on the virus to cats and dogs.
- Keep an eye on your symptoms. The novel coronavirus can cause serious health conditions, so it's important to monitor your situation and ring the alarm if anything feels odd. If your symptoms suddenly get worse (increased breathing issues, strong fever, or anything

unusual), call your healthcare provider and let them know your situation.

If a child, senior person, or someone with a compromised immune system gets the novel coronavirus, they might require special care and medical observation even if the symptoms are mild. If you are taking care of a child patient, try to follow along with him/her the list of recommendations presented above. There's a better chance of a child having good hygiene and prevention measures if they have an example to follow.

Chapter 3: Practical Advice to Protect Yourself and Your Family

I've mentioned before that the coronavirus spreads like a common cold, so there are many similarities regarding prevention measures, but there are also plenty of differences. In this chapter, I will cover both basic prevention measures and specific ones, as well as safety tips for people that travel frequently.

Common Prevention Measures

- Clean your hands frequently, either by washing them with soap and water (for at least 20 seconds) or using an alcohol-based (with at least 60% alcohol) hand sanitizer (when the hands are not visibly dirty).
- To protect yourself and others, you should always wash your hands: after using the toilet; after handling pets or their waste; before, during and after cooking; before eating and setting the table; after sneezing or coughing and last but not least, wash your hands frequently as possible when you are sick or caring for the sick.
- Cover your mouth and nose with your elbow if you want to sneeze/cough or, preferably, do it in a tissue. Dispose of the tissue immediately in a closed bin.
- Avoid touching your eyes, nose, and mouth with your hands. They have mucous membranes that can act as pathways for particles, and our hands are the primary carrier of those harmful particles.
- Clean common areas such as public bathrooms, workplace, or any space in which many people are gathered, before settling in. You can use disinfecting wipes if you have them on hand, and if you have kids, teach them to be aware of their surroundings when children in their classmates/friends are sick.
- Avoid being in direct contact with people that sneeze or cough. Try to maintain a distance of about 6 feet (that is how far the particles can travel) between you and them. Teach your kids to recognize these symptoms and act accordingly. This goes the other way too, stay away

from crowded places and avoid contact with people if you are experiencing these symptoms.

- Frequently wipe your phone (especially the screen) with an alcohol-based disinfectant. There are many studies that show just how dirty our phones are, with some of them concluding that they are ten times dirtier than a toilet seat. Try to also maintain your children's phones or smart devices as clean as possible.
- Don't spit in public. It's not just rude, but it can spread harmful particles. Explain to your child why he/she should not engage in public spitting. Do it in a tissue that you can safely dispose of.
- If you are sick, stay at home as much as possible. The same goes for a sick family member, encourage them to stay inside and care for them if possible. It decreases the viral load and the risk of spreading, and it's making your community a safer space for others.

Prevention Measures Specific to The Coronavirus

- Avoid traveling to China or Wuhan if possible
- If you were/are in China or you were in contact with someone from China/that visited China in the last two weeks, and you start experiencing symptoms call your health provider immediately
- Use a different cutting board and knife for raw meat and wash your hands after handling it.
- Make sure that the meat you are eating was properly handled and cooked.
- If you are shopping in Chinese wet markets avoid contact with spoiled meats, sick animals, waste materials, stray animals and wash your hands after touching animals or animal products.
- If you work in a Chinese wet market, wear protection gowns (with gloves and a mask) that you wash on a daily basis. Avoid exposing any family members to your work clothes. Also, make sure to frequently (at least once a day) disinfect your working area and equipment.

Traveling Advice

- Avoid traveling at all while sick.
- Avoid getting in contact with sick animals, or traveling with sick animals.
- Make sure that you only eat well-cooked food. Avoid any raw product, especially meat.
- Avoid contact with sick people; frequently wash/disinfect your hands and don't touch your eyes, mouth, or nose.
- If you wear a surgical mask, make sure that it covers both your nose and your mouth and avoid touching it while it's on. Discard the mask after use and wash your hand thoroughly. Avoid taking the mask off and putting it back; it should be single-use only. If you really need to take it off before getting home/to a safe space, discard it and replace it with a new one.
- If you start experiencing troubling symptoms while traveling, inform the crew, or seek medical care. Make sure that you share your traveling information with the health care provider.

Children, senior citizens, and people that have a compromised immune system have a higher risk of getting infected. Try to educate them regarding safety measures and care for them as much as possible.

Chapter 4: What The Future Holds

As I am writing this book, the White House has declared a national public health emergency over the novel coronavirus, and the World Health Organisation has deemed the outbreak to be a public health emergency of international concern. The number of confirmed cases is on the rise, and so is the number of deaths. These numbers are expected to remain on the incline while we learn more, and improve preventive measures.

For now, some prevention measures that have been taken are:

- The World Health Organisation is working with experts from all around the globe to deal with prevention and control, clinical management, and lab testing. The organization also has its sights on expanding the number of laboratories that can handle tests for the novel coronavirus.
- The CDC has issued warnings about travel to and from China, which led to several airlines (United, American, and Delta) ending their services to China indefinitely. British Airways has also canceled all flights to and from China.
- All public transportation was shut down in 10 Chinese cities, in an attempt to contain the spread of the virus.
- Twenty airports in the U.S. now have health screening for the coronavirus, and foreigners who traveled to China in the past 2 weeks are barred from entering the U.S. Other countries (Australia, France, Germany, etc.) that have cases of novel coronavirus are working on placing protective measures at all international airports and ports.
- American citizens that have been to China in the past two weeks will get a mandatory health screening before entering the U.S., and American citizens that have been to Hubei province in China at the same time will be put under mandatory quarantine for 14 days.
- Both the U.S. government and the European Commission are working on getting their nationals out of the quarantine zone of Wuhan.
- The World Health Organization has developed a protocol for the investigation of early cases.

- Both the CDC and the WHO had issued recommendations and safety advice for the public

More prevention and contention measures are expected to be taken as the virus spreads, and we learn more about the novel coronavirus. The main objectives that health organizations will focus on are:

- limiting person-to-person transmission
- preventing further international spread of the virus
- early detection of infected patients and optimized care for them
- learning more about the illness (extent of transmission, clinical severity, treatment options)
- being transparent with the public and communicating risks/new information
- minimizing the social and economic impact of the outbreak
- identifying transmission from animal sources with to reduce it
- developing better diagnosis and treatment measures (such as vaccines, medication, therapeutic options)

What health experts need right now is more time to figure out the ins and outs of the novel coronavirus. By doing that, they will be able to assess the situation better, contain the spread of the virus, and properly care for those that are infected.

Conclusion

The mere mention of the novel coronavirus causes panic and anxiety to ensue. But this panic does not come from the severity of the virus or its mortality rate, but from the fact that it is an unknown pathogen with a hidden agenda. Despite scientific proof that most of the cases are mild, with symptoms that disappear on their own, we choose to focus on the few severe cases that led to serious health conditions and death. It's perfectly normal to be in tune to your surroundings and inform yourself of the situation. Panic, however, won't get you anywhere or keep you safe.

If you want to protect yourself and those you hold dear, practice good hygiene habits. Frequently washing your hands minimizes the chances of spreading virus particles or putting yourself in contact with harmful pathogens. Avoiding crowded areas or contact with sick individuals and staying at home when you show any symptoms will ensure the safety of your community. Most prevention measures are pretty common to viral infections, and they don't require much effort to implement in your daily life.

The novel coronavirus might be scary now, but in a few months, we'll have ways to detect it in early stages, better treatment options and efficient prevention methods (vaccines) to keep us safe. Until then, being alert is the best you can do to protect yourself and your family. Keep calm and don't indulge in the general sense of panic and anxiety that news reports preach. Stay connected to regular CDC and WHO updates that focus on the truth and are overall better sources of information.

Good luck out there and stay healthy!

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